

Skowhegan Area High School is sad to share that one of our high school students has recently passed away. As our community grieves this loss, we would like to offer sources of support available to our students, staff and community.

District administration and guidance department staff will be available at SAHS starting Monday, 8/23 at 8:00 am. They are also available to make referrals to local community providers as requested.

Below is a list of local resources available, many of which can be accessed at any time. Also listed are resources on grief and how to support a loved one that may be dealing with grief.

Our thoughts will remain with our student's family, friends, and all those affected by this tragic loss.

Community Resources:

- Hospice Volunteers of Somerset County: (207) 474-7775
- Hospice Volunteers of Waterville: (207) 873-3615
- Crisis & Counseling – <http://crisisandcounseling.org/>
- Crisis Hotline: call or text 1-888-568-1112
- Maine Behavioral Health Organization (MBHO) 474-3244
- Maine Warm Line: 1-866-771-9276
- Maine Directory of Services: dial 211 from your phone
- Redington Fairview General Hospital: (207) 474-5121

Supporting Grieving Students:

- Children [help-for-kids](#)
- Teens [help-for-teens](#)

Support For Families/Parents/Guardians:

- Bereavement Support Resource Page for Maine
[BereavementResourceGuide Maine.pdf](#)
- Maine Grief Support Centers (DHHS; Listed by county)
<https://www.maine.gov/suicide/docs/Survivor-Kit/GriefSupportCentersList.pdf>
- How children grieve and how parents and other adults can support them
[Bereavement-bklet-English.pdf](#)
- Talking about kids and teens about dying and death
<https://kidsgrief.ca>

Support For Teachers/Staff:

Several Topics on grief (from supporting students to self-care)
<https://grievingstudents.org/audiences/classroom-educators/>